



**RAVENS**  
CARLETON UNIVERSITY

# CARLETON UNIVERSITY CUFIT PASS

FALL 2013/WINTER 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM							
10:00 AM	Cardio Plus	20/20/20	Top Guns, Rock Bottom	Step Fusion	Cardio Strength Intervals		Tabata Interval (10:00 - 10:40)
10:30 AM							
11:00 AM						Yoga	
11:30 AM							
12:00 PM	Aerobic Kickboxing	Zumba	Lunch Bunch	Step	Cardio Kickboxing Boot Camp	Muscle Mix	
12:30 PM							
12:00 PM		Bands and Buns	Tabata Interval (12:10 - 12:50)	Cardio Sculpt Belly Dance	Zumba		
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	B.U.						
4:00 PM							
4:30 PM	Cardio Fusion	Hip Hop Spicy Cardio Fitness	Cardio Fusion	Zumba	Get in the Saddle	20/20/20	
5:00 PM							
5:30 PM	Top Guns, Rock Bottoms	The Complete Spin Cycle	Aerobic Kickboxing				
6:00 PM							
6:30 PM				Top Guns, Rock Bottom			
7:00 PM	Yoga						
7:30 PM							
8:00 PM							

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